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250 x 182 mm; 232 pages: 342 colour photographs; bibliography, index

75 delicious recipes for the rapidly increasing army of fans around the world who want to make healthy and nutritious Korean food at home with readily available ingredients



THE KOREAN KITCHEN

75 HEALTHY, DELICIOUS and EASY RECIPES

by KOREAN FOOD FOUNDATION

£23 softcover with jacket; isbn 978-1-56591-459-9

Available SEPTEMBER 2015



Beginning with an exploration of Nature's influence on Korean cuisine, followed by its 6 characteristics, the book turns first to a description of the ingredients and basic techniques of Korean cooking. The recipes themselves are selected based upon their popularity among non-Koreans as well as natives, their ease of preparation, and the accessibility of the ingredients used. With almost 350 colour photos, the book is richly illustrated and follows a simple step-by-step approach that guarantees success every time.

Starting with the Top 12 Korean Foods, the remaining 63 recipes are introduced by cuisine type:

Rice, Porridge and Noodles •
Soups and Stews •
Special Dishes •
Side Dishes •
Kimchi •
Desserts •

It concludes with information on traditional Korean table setting, menu suggestions and tips on how best to enjoy Korean food.

THE PERFECT BOOK FOR BEGINNERS.

